

After School Snack Program (ASSP) Sample Menu - 5 Day
Children Ages 6-12

Sponsor #	Sponsor	Contact Name	Ages
#1234	Your School	Your School's Contact	6-12

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS (Offer 2 Daily) ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Milk Minimum: 1 cup	Flavor & Fat content	1% White or FF Chocolate Milk		1% White or FF Chocolate Milk		1% White or FF Chocolate Milk
	Portion in oz.		8 fl. oz.		8 fl. oz.	
Fruits/Vegetables 100% Juice Minimum: 3/4 cup	Item		Fresh Strawberries or Canned Fruit			
	Portion in cups		3/4 cup			
Grains Minimum: 1 oz. eq.	Item	Mini Muffin (enriched or whole grain)			Whole Grain Crackers	Shredded Wheat or Other Cereal Choice
	Portion in oz.	1.8 to 2 oz.			.7 oz. to .9 oz. (about 7-9 crackers)	3/4 cup measure or 1 oz. weight
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item		Low-fat Flavored Yogurt	Peanut or Sunflower Butter	Natural Cheese (Sticks, Cubes, Slices)	
	Portion size or oz.		4 oz. container (1/2 cup)	2 Tbsp./1 oz.	1 oz.	
Other Foods & Condiments	Item		Granola Cereal (topping)			
	Portion size		2 Tbsp.			
	Item		Water	Fresh Apple Slices (pre-sliced, bagged)	Water	Fresh Banana Slices (topping)
	Portion size		8 fl. oz.	2 oz. bag = 1/2 cup	8 fl. oz.	¼ cup (about ½ banana)
Notes						